



*Grant County Health Department
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COMMUNITY EDITION

March 2010

March 23rd is American Diabetes Alert Day

Before people develop type 2 diabetes, they almost always have "pre-diabetes"—blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes. Recent research has shown that some long-term damage to the body, especially the heart and circulatory system, may already be occurring during pre-diabetes.



Q: What is the treatment for pre-diabetes?

A: Treatment consists of losing a modest amount of weight (5-10 percent of total body weight) through diet and moderate exercise, such as walking, 30 minutes a day, 5 days a week. Don't worry if you can't get to your ideal body weight. A loss of just 10 to 15 pounds can make a huge difference. If you have pre-diabetes, you are at a 50 percent increased risk for heart disease or stroke, so your doctor may wish to treat or counsel you about cardiovascular risk factors, such as tobacco use, high blood pressure, and high cholesterol.

Q: Why do I need to know if I have pre-diabetes?

A: If you have pre-diabetes, you can and should do something about it. Studies have shown that people with pre-diabetes can prevent or delay the development of type 2 diabetes through changes to their lifestyle that include modest weight loss and regular exercise. For some people with pre-diabetes, intervening early can actually turn back the clock and return elevated blood glucose levels to the normal range.

Q: How do I know if I have pre-diabetes?

A: Doctors can use either the fasting plasma glucose test (FPG) or the oral glucose tolerance test (OGTT) to detect pre-diabetes. Both require a person to fast overnight.

Q: Who should get tested for pre-diabetes?

A: If you are overweight and age 45 or older, you should be checked for pre-diabetes during your next routine medical office visit. If you do not fit the above, ask your doctor if you should be tested.

Q: Could I have pre-diabetes and not know it?

A: Absolutely. People with pre-diabetes don't often have symptoms. In fact, millions of people have diabetes and don't know it because symptoms develop so gradually, people often don't recognize them. Some people have no symptoms at all. Symptoms of Diabetes include:

- * unusual thirst
- * a frequent desire to urinate
- * blurred vision,
- * feeling of being tired most of the time for no apparent reason.

*The mission of the Grant County Health Department is to
promote the health and wellness of ALL residents of Grant County.*

Car Seat Grant Awarded to Grant County Health Department

The Wisconsin Department of Transportation awarded the Grant County Health Department a \$2500 grant to provide child safety seats for children in low income families. Families that qualify for the Women, Infant & Children (WIC) program needing a car seat(s) are able to receive car seats for their children FREE while supplies last.



Each seat given out will be checked to be sure it is the right seat for the child that is using it. Proper installation and use will be explained. Parents or guardians will also learn about current laws regarding child restraints (car seats) and when it is appropriate to get a new seat. To take advantage of this program, your child **MUST BE PRESENT**. Contact Amy Leffler with the Grant County Health Department WIC Program at (608)723-6416 for more details.

March—Poison Prevention Month

Every year, thousands of children are exposed to poisons in their own homes. Because children are curious and act fast, it is recommended that all household chemicals, including medicine be stored out of children's reach, either on a high shelf or in a locked cabinet.

If I find my child playing with a bottle of medicine or some household product, how can I tell if he/she has swallowed some and what should I do?

Different products will have different reactions. Some reactions might be vomiting, confusion or tiredness. You may notice some of the product on the child's mouth or teeth. There may be burns around the lips or mouth, or you may be able to smell the product on the child's breath. Some products cause symptoms that do not start right away. If a household chemical or medicine has been eaten, or even if you think that your child has eaten something poisonous, call the Poison Control Center right away at 1-(800)222-1222.



What first aid should be given?

Remain calm. Not all medicines and household chemicals are poisonous, and not all exposures result in poisoning. Call the Poison Control Center immediately. If unable to contact them, call your local emergency number (911 in most areas). Keep these emergency numbers listed near the phone. When you contact the Poison Control Center or other emergency personnel, be prepared to give the facts (described below) to the person on the end of the phone. Have the label ready when you call.

1. The substance involved and if it was swallowed, inhaled, absorbed through skin contact, or splashed into the eyes
2. When the incident happened
3. Any first aid which may have been given
4. If the person has vomited
5. Your location, and how long it will take you to get to the hospital.
6. The victim's age, weight and existing health conditions or problems.

Grant County



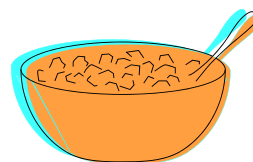
Rural Safety Day

Save the Date
Grant County Rural Safety Day
Tuesday, June 15, 2010
Grant County Fair Grounds

Rural Safety is designed to provide youth with the skills to keep themselves and their families safe. They will learn how to identify potential hazards, prevent possible accidents and to respond correctly if an accident should occur.

BREAKFAST--A Great Place to Start

Many children do not eat breakfast at home in the morning. A lot of families find it hard to find time to sit down before school to have a meal. There are also many families that are on a tight budget and simply can't afford to provide breakfast at home or pay for breakfast at school.



Taking advantage of the **School Breakfast Program** has many benefits for parents and children. Parents with moderate to low incomes may qualify for their children to receive school meals **FREE** or at a reduced price. All children receive the same meals. Children who qualify for the free or reduced price meals are not singled out or publicly identified in any way.

Studies show that children who eat breakfast at school have healthier diets, perform better on tests, and have better memory than children who skip the morning meal.

Check with your child's school office for more information on the School Meal Program. You may be able to save hundreds of dollars a year.

For more information, call Grant County UW Extension office at (608)723-2125.

UW
Extension



The Grant County Health Department will be offering Community CPR & AED Training in 2010:

Monday, March 15, 2010

5:45PM—9:30PM

Monday, May 17, 2010

5:45PM—9:30PM

Monday, July 19, 2010

5:45PM—9:30PM

Monday, September 20, 2010

5:45PM—9:30PM

Monday, November 15, 2010

5:45PM—9:30PM

The cost for Community CPR and AED training is \$30.00 payable to the health department one week prior to the scheduled class. The Community CPR Certification is good for one year.

2010 Census: It's about us!

Have you ever wanted to know how many people live in your town? It's time to find out! The Constitution requires a count every 10 years of everyone living in the United States regardless of their nationality, citizenship status, race, age or gender. This count is called a census, and its happening again in the spring of 2010.



Your community's businesses and civic groups, as well as local, state, and federal governments, will use the census data collected this year to make many decisions, including where to build community centers, schools, and hospitals. That's why your voice must be heard. The 2010 Census questionnaire is short, takes 10 minutes to complete and is 100% confidential. Watch your mailbox in March 2010 and remember to return your questionnaire.

The 2010 form includes only 10 questions. Your household's census information will be collected in one of two ways:

- Questionnaires will be sent to your home. They will arrive in March 2010 and will include a prepaid postage stamp for easy mailing.
- Confidentiality-bound census workers will travel door to door. If you do not return your questionnaire by mail, a census worker (who will show proper identification) will visit your household to collect the information in person.



WHO COUNTS?

Included:

- Babies, foster children, or roommates
- People living with you who have no other place to stay
- People living in your home most of the time, even if they have another place to stay.

Not included:

- People who live or stay at another place most of the time.
- Students living away from home while attending college or boarding school.
- People in the military living somewhere else.



Common Census Questions

1. Who should be counted as part of my household? Everyone! All children, babies and adults who live in your household should be counted regardless of nationality, citizenship status, race, age or gender.
2. How is my private information protected? It is a federal crime, punishable by imprisonment, for a census worker to divulge personal and confidential information that is collected for statistical purposes only and is sealed for 72 years.
3. Can I get in trouble for answering census questions? No, census information is completely confidential. It is never shared with other government agencies, including the IRS, any office of immigration, or the FBI. Sharing census data is a federal offense. If you have more questions, visit www.census.gov

Information provided by Scholastic Inc.

Too Much Salt Can Be Risky



Too much salt can drive up blood pressure and increase risk of stroke and heart disease—the two leading causes of death in the US. Most Americans eat more than double the amount of salt recommended by experts; it can come from places other than the salt shaker: in canned goods like soup, and packaged foods like frozen dinners. It's also hiding in breads and cereals. Read food labels, enjoy more fresh fruits and vegetables, and look for low-sodium alternatives. For more information, visit www.cdc.gov.



MyPyramid Dietary Guidelines for Americans

Grains:

- * Make half of your grains whole
- * Eat at least three ounces of whole-grain cereals, breads, crackers, rice or pasta every day
- * 1 ounce is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

Vegetables:

- * Vary your veggies
- * Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens
- * Eat more orange vegetables like carrots and sweet potatoes

Fruits:

- focus on your fruits
- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit
- go easy on fruit juices

Milk:

- Get your calcium-rich foods
- Go low-fat or fat-free when you choose milk, yogurt, and other milk products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages.

Meat & Beans:

- Go lean with protein
- Choose low-fat or lean meats & poultry
- Bake it, broil it, or grill it
- Vary your protein routine—choose more fish, beans, peas, nuts and seeds



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